

**Body  
Image  
Awareness  
Seminars**



***"Reshaping your mind,  
not your body!"***

**Aly Bailey, PhD Candidate**  
aly.bailey@brocku.ca

**BIAS Website:** <http://bias.my-free.website/>

# Agenda: Seminar 6

## ***Topic: Program conclusion***

- Invited speaker
- Take home task: Opportunity to share
- Activity revisited: 10 positive things
- Activity revisited: Definition of body image
- Final take home message
- Final take home task
- Final questionnaire package



# Invited Speakers

- Diane
  - SeniorFit member



# Take home task discussion

- The letter task...
- Opportunity to share



# Activity revisited

**Share:**  
**Positive things**  
**about your**  
**body. Goal: 10**



# Activity revisited

**Write down:**

**What you think body image is?**



# Activity revisited



**What is positive body image?**

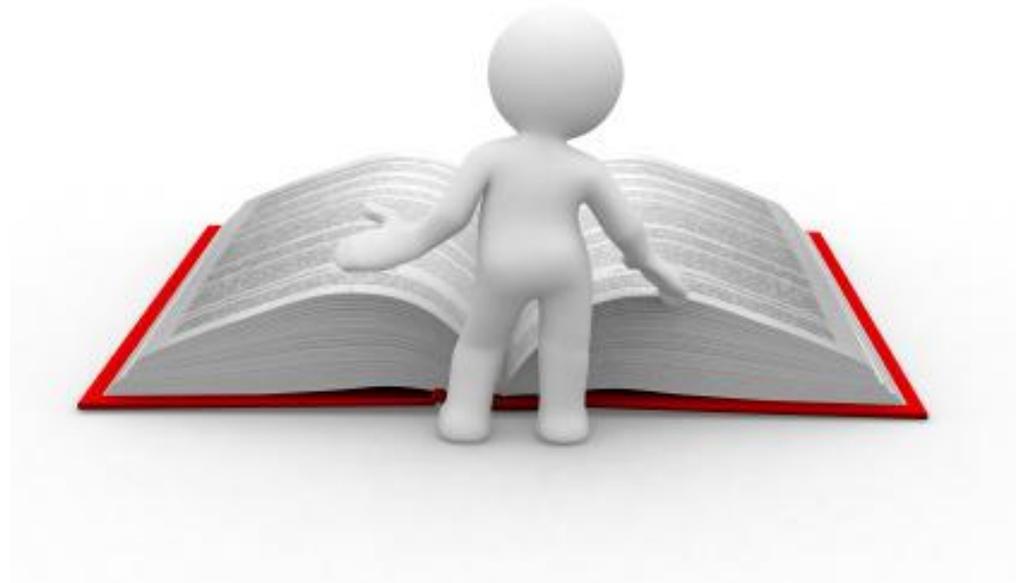
**What is negative body image?**

**What is neutral body image?**



# Activity revisited

- Return original definitions from seminar 1
- Opportunity to share



# Final take home messages!

- You have an **active** role, body image is not passive
- Positive body image is a process; you have to keep checking in reflecting on how you treat your body
- Come back to the tools & resources you have:
  - Intuitive eating exercise
  - Meditation guide/mindfulness
  - Positive body image characteristics
  - Your workbook
  - NEDIC website
  - BIAS website



# Final take home messages!

- Use what you've learned to educate other people
- Catch when people are body shaming or fat talking
- Give them some alternatives from what you've learned in this program:
  - Acceptance, appreciation, & gratitude
  - Respect for the body
  - Mindfulness & listening to the body
  - Uniqueness & not conforming to societal pressures



# Final take home messages!

- Don't be hard on yourself!
- There will be relapses where you notice falling into old habits, just be mindful & revisit what you learned.
- Have compassion for yourself & others!



# Final take home task

**Write down a promise or pledge about your goals now that the program is over (e.g., "I will continue to work on speaking more positive towards my body").**



# Follow-up

- 6 week follow-up questionnaire package
- Week of Monday April 24<sup>th</sup>
- 20 minutes to complete
- Email to schedule your follow-up
- I will call or email if I don't hear from you



# One-on-one interview

- Please email me if you are willing to complete a one-on-one interview
- Compensated \$20
- At the Centre or your own home

## **Interview questions:**

- Your experience with the program
- Your body image



# Questionnaire package

- Please complete questionnaire package and feedback sheet
- Handouts for everyone
- Reference list

FEEDBACK



# Body Image Awareness Seminars



“There is no wrong way to have a body”  
—*Rachele Cateyes*